

KYU-EXAMINATION KIHON

(↑ FORWARD, ↓ BACKWARD, →SIDE)

9 - 8 KYU

FROM ZENKUTSU-DACHI GEDAN BARAI

1. ↑ CHUDAN OIZUKI
2. ↑ CHUDAN GYAKUZUKI
3. ↑ JODAN AGE-UKE
4. ↑ CHUDAN SOTO-UKE

FROM KOKUTSU DACHI

5. SHUTO-UKE

FROM ZENKUTSU DACHI

6. ↑ MAEGERI

FROM KIBA DACHI

7. ↑ YOKOGERI-KEAGE

7 - 6 KYU

FROM ZENKUTSU DACHI GEDAN BARAI

1. ↑ CHUDAN OI-ZUKI
2. ↑ CHUDAN GYAKU-ZUKI
3. ↓ JODAN AGEUKE – GYAKUZUKI
4. ↑ CHUDAN SOTOUKE – GYAKUZUKI
5. ↓ CHUDAN UCHIUKE – GYAKUZUKI

FROM KOKUTSU DACHI

6. ↑ CHUDAN SHUTO UKE

FROM ZENKUTSU DACHI

7. ↑ MAEGERI
8. ↑ MAWASHIGERI

FROM KIBA DACHI

9. ↑ YOKOGERI KEAGE
10. ↑ YOKOGERI KEKOMI

5 – 4 KYU

FROM ZENKUTSU DACHI GEDAN BARAI

1. ↑ SANBONZUKI (OIZUKI)
2. ↑ SPINNING – GYAKUZUKI
3. ↑ SOTOUKE – ENPI (ENPI: KIBADACHI)
4. ↓ UCHIUKE – KIZAMIZUKI – GYAKUZUKI

FROM KOUKUTSU DACHI

5. ↑ SHUTO UKE – NUKITE (NUKITE: ZENKUTSU DACHI)

FROM ZENKUTSU DACHI

6. ↑ MAEGERI/RENGERI (JODAN & CHUDAN)
7. ↑ WASHAGERI

FROM KIBA DACHI

8. ↑ YOKOGERI KEAGE
9. ↑ YOKOGERI KEKOMI

3 KYU

FROM ZENKUTSU DACHI GEDAN BARAI

1. ↑ SANBON – ZUKI (OIZUKI)
2. ↑ SPINNING – GYAKUZUKI SANBONZUKI
3. ↓ AGEUKE – GYAKUZUKI
4. ↑ SOTOUKE – ENPI & URAKEN (ENPI & URAKEN: KIBA DACHI)

FROM KOKUTSU DACHI

5. ↑ SPINNING SHUTO UKE

FROM ZENKUTSU DACHI

6. ↑ MAEGERI – GYAKUZUKI
7. ↑ MAWASHIGERI – URAKEN – OIZUKI

FROM KIBA DACHI

8. ↑ YOKOGERI KEAGE
9. ↑ YOKOGERI KEKOMI

FROM ZENKUTU DACHI

10. ↑ USHIROGERI

1 – 2 KYU

FROM ZENKUTSU DACHI GEDN BARAI

1. ↑ MAEGERI – OIZUKI
2. ↑ MAWASHIGERI – GYAKUZUKI
3. ↑ MAEGERI – OIZUKI – GYAKUZUKI
4. ↑ MAEGERI – MAWASHIGERI (CHANGE LEGS)
5. ↑ KIZAMI YOKOGERI – USHIROGERI (CHANGE LEGS)

FROM KIBA DACHI

6. ↑ YOKOGERI KEAGE – YOKOGERI KEKOMI (SAME LEG)

FROM FUDO – DACHI

7. ↑ OIZUKI

KYU – EXAMINATION

KYU	KUMITE	KATA
9 8	GOHON KUMITE (JODAN, CHUDAN ZUKI)	HEIAN SHODAN
7	SANBON KUMITE (JODAN, CHUDAN. MAEGERI)	HEIAN NIDAN
6	KIHON IPPON KUMITE 1. JODAN 2. CHUDAN 3. MAEGERI	HEIAN SANDAN
5	KIHON IPPON KUMITE (1. JODAN 2. CHUDAN 3. MAEGERI 4. YOKOGERI 5. MAWASHIGERI)	HEIAN YONDAN
4	KIHON IPPON KUMITE (1. JODAN 2. CHUDAN 3. MAEGERI 4. YOKOGERI 5. MAWASHIGERI)	HEIAN GODAN
3	JIYU IPPON KUMITE 1. JODAN 2. CHUDAN 3. MAEGERI 4. MAWASHIGERI 5. YOKOGERI	TEKKI SHODAN
2 1	JIYU IPPON KUMITE 1. JODAN 2. CHUDAN 3. MAEGERI 4. MAWASHIGERI 5. YOKOGERI	TEKKI SHODAN SENTEI KATA (FREE CHOICE)

- SENTEI KATA: BASSAI-DAI. KANKU-DAI. JION. ENPI